

# SEPTEMBER 2020 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <a href="#">Instant Pot Pizza Pasta</a> Green Salad	<b>2</b> <a href="#">Hawaiian Chicken with Pineapple Salsa</a>	<b>3</b> <a href="#">Mexican Style Shredded Beef Tacos/Burritos</a> (P/W30)	<b>4</b> <a href="#">Instant Pot Sweet and Sour Shrimp</a>	<b>5</b> <a href="#">Instant Pot Chicken Wings</a> (GF, DF)
<b>6</b> <a href="#">Instant Pot Ancho-Orange Pulled Pork Wraps</a> (P/W30)	<b>7</b> <a href="#">Instant Pot Stuffed Peppers</a>	<b>8</b> <a href="#">Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing</a>	<b>9</b> <a href="#">Pressure Cooker Italian Beef Sandwiches</a>	<b>10</b> <a href="#">Instant Pot Lemon Garlic Chicken</a> (K)	<b>11</b> <a href="#">Asian Salmon for the Instant Pot</a>	<b>12</b> <a href="#">Instant Pot Chicken Tikka Masala</a> (W30, P, K)
<b>13</b> <a href="#">Instant Pot Santa Fe Beans and Rice</a>	<b>14</b> <a href="#">Instant Pot Egg Roll in a Bowl</a>	<b>15</b> <a href="#">IP Creamy Lemon Garlic Chicken Breasts</a>	<b>16</b> <a href="#">Instant Pot Cheeseburger Mac</a>	<b>17</b> <a href="#">Apple Cranberry Walnut Salad</a>	<b>18</b> <a href="#">Two Ingredient Instant Pot Salsa Pork Chops</a>	<b>19</b> <a href="#">Pressure Cooker Lemon Risotto with Summer Squash</a>
<b>20</b> <a href="#">Instant Pot Butternut Squash &amp; Apple Soup</a> (W30)	<b>21</b> <a href="#">Instant Pot Chicken Adobo</a>	<b>22</b> <a href="#">First Day of Fall – Steak Kabobs with Apple Cider marinade</a>	<b>23</b> <a href="#">Autumn Chopped Salad</a>	<b>24</b> <a href="#">Instant Pot Picadillo</a> Served over rice or riced cauliflower	<b>25</b> <a href="#">Grilled Harvest Meal</a>	<b>26</b> <a href="#">Instant Pot Lemon Pepper Salmon</a>
<b>27</b> <a href="#">IP Chicken Tetrazzini</a>	<b>28</b> <a href="#">Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad</a>	<b>29</b> <a href="#">Instant Pot Teriyaki Chicken</a> Serve with white or brown rice	<b>30</b> <a href="#">Instant Pot Cajun Shrimp and Sausage Boil</a>	W30 = Whole30 P = Paleo V = Vegan K = Keto LC = Low Carb	SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free	DF = Dairy Free NF = Nut Free SF = Soy Free SGF = Sugar Free

### Breakfast Options:

- \* [Instant Pot Poached Eggs](#)
- \* [Instant Pot Cinnamon Roll Casserole](#)
- \* [Instant Pot Omelette Bites](#)
- \* [IP Pumpkin Pie Steel Cut Oats](#)

### Snack Options:

- \* [Instant Pot Hummus](#)
- \* [Instant Pot Caramel Corn](#)
- \* [Instant Pot Cajun Trail Mix with Candied Chickpeas](#)

### Lunch Options:

- \* [Instant Pot Quinoa Burrito Bowls](#)
- \* [Instant Pot Apple Butter Sandwich](#)
- \* [Instant Pot Curried Sweet Potato Chickpea Quinoa](#)

### Dessert Options:

- \* [Instant Pot Cinnamon Apples](#)
- \* [Instant Pot Apple Crisp](#)
- \* [8 Fall Instant Pot Cheesecake Recipes](#)